

In partnership with



Getting vaccinated for COVID-19: What you need to know

Mask up, sanitise and vaccinate!





WHAT IS VACCINATION?

 Vaccination is a safe way to train your immune system to recognise and fight against diseases.



WHY SHOULD YOU GET VACCINATED AGAINST COVID-19?

- When you are vaccinated against COVID-19, you significantly reduce your chances of having severe and critical illness, hospitalisation and even death should you test positive for the virus.
- Vaccination prevents coronavirus variants from developing.
- The more people are vaccinated, the quicker South Africa can reach herd immunity this is when a large number of the population becomes immune to a disease because they are vaccinated.



WHAT ARE THE TYPES OF VACCINES AVAILABLE IN SOUTH AFRICA?

- South Africa has chosen to use the Johnson & Johnson (J&J) and Pfizer vaccines.
- J&J is a one-shot vaccine.
- Pfizer is a two-shot vaccine.
- The J&J vaccine has shown to be 85% effective against severe and critical illness caused by COVID-19 and is also effective against hospitalisation and death.
- Similarly, the Pfizer vaccine has shown to be 95% effective against severe and critical illnesses caused by COVID-19 infection. It is also effective against hospitalisation and death.

Should you feel anxious, frightened or stressed during this time, we have a WellQ counsellor ready to support you. Contact them using +27 860 274 346 or email them via wellq@assegai.co.za